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# FOOD

for the  
family  
with  
young  
children



Home and Garden Bulletin No. 5  
U.S. DEPARTMENT OF AGRICULTURE

# food for the family with young children

## MEET THE WRIGHTS

Meet the Wright family—a typical young couple with two children not yet old enough for school:

Richard Wright, the father, clerk in an engineering office.

Margaret, wife and homemaker.

Their jolly, lively youngsters—Suzy, 5 years old, and Jim, 2.

The Wrights live in a small house, near a city. They get most of their food at a nearby market, where Margaret shops twice a week. A local dairy delivers milk at the door every other day, and a nearby farmer delivers eggs once a week.

A small vegetable garden is an additional source of food. In the summer it supplies vegetables “fresh off the vine,” when they are highest in vitamins and are most flavorful.

Margaret cans tomatoes from the garden. She also does some preserving—mostly jellies and jams.



# FOOD TO FIT THE FAMILY

How does Margaret select food and prepare meals? She follows good nutritional advice, practicing what she has learned about foods and how they meet body needs. She has learned that everyone in the family requires the same basic types of food, but that the amount of each type needed and the way some of the foods are prepared may differ. She has learned for instance that—

**Richard**, the grown man, is about average in height and weight. His activities are rated as moderate because, in addition to working at his desk job, he walks to work, works on the yard and garden in the summer, does various winter chores, and helps with the children. His needs are for foods that supply energy and the vitamins, minerals, and protein to keep his body in repair and topnotch condition. His “three squares” a day are usually eaten at home since the office is within easy walking distance. Sometimes in bad weather he carries his lunch. Margaret is usually able to put the same foods in his lunchbox that he would have eaten at home—deviled eggs in place of creamed eggs on toast—lettuce and carrot strips instead of vegetable salad.

**Suzy**, 5 years old, and **Jim**, 2 years old, need the same kind of food as their father, but theirs should always be simply prepared. Little children’s main business is growing—building strong and healthy bodies. A strong back, straight legs, sound teeth, firm muscles, resistance to infections and disease are all developed in early childhood. To provide foods especially for growth, Margaret uses milk in all the children’s meals, adding a variety of vegetables and fruits, cereals, eggs, and some meat, fish, or chicken.

As for the cooking, she uses simple methods so that the same meal is suitable for all. She cooks food so as to bring out its natural flavor, and avoids very salty or highly seasoned dishes, greasy foods, and rich desserts. She cooks fresh vegetables quickly with only a little water so as to save their minerals and vitamins. This makes them taste good, and leaves their colors bright.

Usually youngsters are keenly aware of the flavors and textures of food. Jim is the first to discover it if the milk is a little off-flavor, or the vegetables not up to par. Margaret cuts cooked spinach to avoid strings. When milk is heated to go over toast, she carefully stirs it to avoid the scum.

Now that Jim has learned to chew, Margaret no longer has to grind meat or chop vegetables. But she does cut them into bite-sized pieces and takes care to remove any tough sections of meat. She is gradually adding to Jim’s diet most of the common vegetables, fruits, and simply cooked meats, chicken, and fish, which Suzy has already learned to like.

She gives Jim only little tastes of a new food at first, offering them in a pleasant manner at the beginning of a meal when Jim is hungry. After Jim accepts the taste of the new food he has a small serving if he wants

it. After he has had small servings at various times he usually learns to like the food. Margaret has found that if food is introduced to small children in this way a food that the child does not like at first may become one of his favorites.

She is very careful always to give the children small servings so that they learn to clean their plates. Then they may have seconds. She believes that large servings often discourage children before they start to eat; as a result they may get into the habit of wasting food. On days when the children are not as hungry as usual, Margaret doesn't worry. As a rule, their appetites are back to normal the next day.

Instead of having the children drink all of the milk in their diet, Margaret often uses part of it in custard, ice cream, junket, or milk soups.

Most afternoons Margaret gives the children a snack after their nap. This is usually a small cup of milk apiece and occasionally a graham cracker, fruit, or carrot strips. The children often sit at their own little table for this.

*Margaret's* food needs now are similar to her husband's. As she does all her own housework she, like Richard, is moderately active, but she needs somewhat less food than he does because she is built on smaller lines. To keep in tiptop condition so she can meet the demands of her lively family, she is very careful to eat a plentiful, well-rounded diet. This means that she, too, drinks milk—about 2 cups a day; she has her citrus fruit and tomatoes, eggs, meat, dark-green and deep-yellow vegetables, and whole-grain or enriched cereals and breads—foods that are good for the whole family.



# PLANNING MEALS

Most of the time Margaret plans the same meals for all. Foods that are good for children are just as good for adults. And if she prepared separate meals for adults and children the days would never be long enough for her to get her housework done, nor would she have enough energy left to enjoy her family. For special occasions she sometimes serves foods, such as pies, "for grownups only." The children have learned to accept happily the fact that some foods are not for them.

Eating is fun at the Wright's table. When mother and father try new foods and like them, the children get the habit, too. Not that they talk over everything they eat, but, when something is especially good, father never fails to compliment the cook.

Foods that Margaret takes particular care about are—

**Milk.** At least 3 to 4 cups a day for each of the children, about 2 cups each for Richard and herself. This is used to drink and in cooked foods. Margaret knows that milk is the best source of calcium, a mineral needed for strong bones and good teeth. It is also one of the best sources of riboflavin, a vitamin required by young and old. In addition, milk supplies a high-quality protein and many other important food values. Therefore, it's a basic food at every meal for the children. Cheese and ice cream sometimes replace part of the milk. Margaret has always used plenty of milk in her own diet, as well as other desirable foods, and was able to nurse both children and give them the best start a mother can possibly give.

**Meat, poultry, fish, eggs, dry beans or peas.** Two or more servings of these foods important for protein are served daily.

For one of the servings Margaret has some kind of meat, poultry, or fish. She estimates that 1 pound of most meats, except high-fat or bony varieties such as bacon or spareribs, will provide enough lean meat for four servings. The additional serving may be eggs or dry beans or peas or another serving of meat. Occasionally she buys bacon for flavor though it gives little additional protein.

Sometimes Margaret "stretches" meat with cereal or vegetables so that a pound serves more than four people. Then she makes sure the family gets extra protein foods during the day.

**Grain products.** At least one of these appears at every meal. Cereals are usually served at breakfast and sometimes at supper for the children. In shopping for cereals, bread, and flour Margaret is careful generally to choose whole-grain, enriched, or restored products.

**Vegetables and fruits.** Margaret's menus include four or more servings of vegetables and fruits for each person every day.

A citrus fruit, tomatoes, or other fruit or vegetable important for vitamin C is served daily. Citrus fruit is outstanding for this vitamin. Other worthwhile sources, in addition to tomatoes, include several of the common fruits and vegetables. Vitamin C equivalents of a 4-ounce serving ( $\frac{1}{2}$

cup) of orange or grapefruit juice are: 2 tangerines; 10 ounces ( $1\frac{1}{4}$  cups) tomato juice; one-half of a medium cantaloup;  $\frac{1}{2}$  to  $\frac{3}{4}$  cup fresh strawberries; 1 cup shredded raw cabbage;  $\frac{1}{2}$  cup broccoli or  $\frac{3}{4}$  to 1 cup brussels sprouts or dark-green leaves such as collards or kale, cooked briefly in a little water; a small green pepper.

A dark-green or deep-yellow vegetable, important for vitamin A, is served at least every other day. Though it may be one that supplies vitamin C as well as vitamin A, it counts as only one of the day's four servings of vegetables and fruits.

The additional servings needed for the day may be extra servings from the vitamin A- or C-rich groups or other vegetables and fruits, including potatoes.

**Vitamin D.** Suzy and Jim get the vitamin D they need by drinking vitamin D milk. If Margaret were unable to buy vitamin D milk she would consult with their doctor about the type and amount of vitamin D preparation to give the children. In summer the sun shining directly on their skin is another source of vitamin D.

**Iodized salt.** Their doctor advised the Wrights to use iodized salt because they live in an area where the soil is low in iodine.





**Desserts.** For the Wrights' small children, desserts are usually limited to fresh and cooked fruits and simple puddings made of milk and eggs.

## FOOD FOR THE EXPECTANT MOTHER

**During pregnancy.** Because the food the expectant mother eats is important to the health of both mother and child, Margaret paid particular attention to her diet before her children were born.

During the first 4 months of pregnancy Margaret did not require more food than her usual good diet, but she chose her food with special care. She included in her diet more of the foods highest in nutritive value and ate less of some of the others. In the last few months when the baby's needs were greatest she increased somewhat the total amount of food that she ate.

Following are the foods in a normal good diet to which special attention should be given during pregnancy:

<b>Milk, cheese</b>	Increase to a quart of milk or its equivalent every day.
<b>Meat, poultry, fish, eggs</b>	An extra serving of meat a week, preferably liver and the other variety meats high in minerals and vitamins, or an extra serving of some other high-quality protein.
<b>Bread and cereals</b>	Whole-grain, enriched, or restored varieties to supply more iron and B-vitamins.
<b>Citrus fruit, tomatoes</b>	More and bigger servings.
<b>Dark-green and deep-yellow vegetables</b>	More and bigger servings.
<b>Vitamin D</b>	In vitamin D milk or a vitamin D preparation to provide 400 to 800 units daily.

**Nursing the baby.** The breast-fed baby has a better chance than the bottle-fed baby of getting through the early weeks of rapid growth without digestive upsets. Breast-fed babies are also less susceptible to rickets and other disturbances of early infancy. In addition, breast feeding may be easier than preparing formula and bottles.

Nearly every healthy mother can nurse her baby if she wants to and prepares for it by eating a good diet before, as well as after, the baby is born. Many Federal and State bulletins suggest meals to meet food needs of nursing mothers.

# THE WRIGHT FAMILY'S FOOD PLAN FOR A WEEK

## (\$27 to \$29 per week)

Kind of food <sup>1</sup>	Weekly food plan (approximate amounts)—			
	For two adults <sup>2</sup>	For child aged 1 to 3	For child aged 4 to 6	Total for family of four
 <b>MILK, CHEESE, ICE CREAM</b> 2 to 3 servings daily and in cooking	7 quarts	6 quarts	6 quarts	19 quarts (5 $\frac{1}{3}$ ounces Cheddar-type cheese or 2 quarts ice cream equal 1 quart milk)
 <b>MEAT, POULTRY, FISH</b> At least one serving daily	9 $\frac{1}{2}$ to 10 pounds	1 $\frac{1}{2}$ to 2 pounds	2 to 2 $\frac{1}{2}$ pounds	13 to 14 pounds (allows no more than $\frac{1}{3}$ pound bacon and salt pork for each 5 pounds meat, poultry, fish)
 <b>EGGS</b>	About a dozen	$\frac{1}{2}$ dozen	$\frac{1}{2}$ dozen	2 dozen
 <b>DRY BEANS AND PEAS, NUTS</b>	6 ounces	1 ounce	1 ounce	8 ounces
 <b>GRAIN PRODUCTS</b> (whole grain, enriched, or restored are best) 4 or more servings daily	6 to 6 $\frac{1}{2}$ pounds (flour-weight basis)	1 pound (flour- weight basis)	1 $\frac{3}{4}$ pounds (flour- weight basis)	9 to 10 pounds (count 1 $\frac{1}{2}$ pounds bread or purchased baked goods as 1 pound flour)
 <b>CITRUS FRUITS, TOMATOES</b> At least once daily	5 to 5 $\frac{1}{2}$ pounds	1 to 1 $\frac{1}{2}$ pounds	2 pounds	8 to 9 pounds
 <b>DARK-GREEN AND DEEP- YELLOW VEGETABLES</b> Every other day	1 $\frac{1}{2}$ pounds	$\frac{1}{4}$ pound	$\frac{1}{4}$ pound	2 to 2 $\frac{1}{2}$ pounds <sup>3</sup>
 <b>POTATOES</b>	4 $\frac{1}{2}$ pounds	$\frac{3}{4}$ pound	1 pound	6 to 6 $\frac{1}{2}$ pounds
 <b>OTHER VEGETABLES AND FRUITS</b> 1 to 3 times daily—to make a total of 4 servings from the vegetable and fruit groups	12 to 12 $\frac{1}{2}$ pounds	2 $\frac{1}{2}$ to 3 pounds	4 pounds	18 to 20 pounds
 <b>FATS, OILS</b>	1 $\frac{1}{2}$ pounds	$\frac{1}{4}$ pound	$\frac{3}{8}$ pound	About 2 pounds
 <b>SUGARS, SWEETS</b>	2 $\frac{1}{4}$ to 2 $\frac{1}{2}$ pounds	$\frac{1}{4}$ pound	$\frac{5}{8}$ pound	Almost 3 $\frac{1}{2}$ pounds

<sup>1</sup> See "What's in Each Food Group" on back cover.

<sup>2</sup> These quantities are geared to the needs of the wife who is under 35 years of age and is keeping house for a young family and the husband who is also in this age class and is moderately active physically. If either is unusually large or active, it may be necessary to increase the suggested quantities of potatoes; dry beans and peas, nuts; flour and cereals; fats and oils. If the husband buys

his lunch at work, slightly smaller quantities of all the food groups will be needed for home meals.

<sup>3</sup> If the choices made within the group are such that the quantity is not sufficient for the suggested number of servings, increase the quantity and use less from the "Other vegetables and fruits" group.

## THE WRIGHTS' FOOD

### MILK, CHEESE, ICE CREAM



16 quarts fluid whole milk  
1 14½-ounce can evaporated milk  
½ pound Cheddar-type cheese  
1 12-ounce package cottage cheese  
1 pint ice cream

### MEAT, POULTRY, FISH



2½ pounds chicken  
1½ pounds pork chops  
3½ pounds chuck roast of beef  
4 pounds shoulder of lamb  
¾ pound liver  
1 pound fish fillet  
¼ pound bacon

### EGGS



2 dozen

### DRY BEANS AND PEAS, NUTS



3 ounces shelled nuts  
½ pound peanut butter

### GRAIN PRODUCTS



3 loaves enriched white bread  
3 loaves whole-wheat bread  
1 loaf rye bread  
1 pound rolled oats or whole-wheat cereal  
12-ounce package ready-to-eat cereal  
1 pound enriched flour  
½ pound enriched cornmeal  
¼ pound enriched macaroni  
¼ pound rice  
1-pound box graham crackers

### CITRUS FRUITS, TOMATOES



3 pounds oranges  
2 6-ounce cans frozen concentrated orange juice  
1 large grapefruit  
1 pound tomatoes  
1 46-ounce can tomato juice  
1 10½-ounce can tomato soup

<sup>1</sup> Margaret buys some of the staple foods in larger quantity than listed here to save time and money. They will keep for later use if properly stored.

## SUPPLY FOR A WEEK <sup>1</sup>

### DARK-GREEN AND DEEP- YELLOW VEGETABLES



1 10-ounce package frozen broccoli  
1 pound carrots  
¼ pound salad greens  
1 pound fresh spinach

### POTATOES



6 pounds potatoes

### OTHER VEGE- TABLES AND FRUITS



1 10-ounce package frozen green lima beans  
1 pound green snap beans  
1 pound beets  
1 pound (head) cabbage  
1 bunch celery  
1 8¾-ounce can corn  
2 small heads lettuce  
½ pound onions  
1 No. 2 can peas  
2 pounds apples  
1 No. 2½ can fruit salad  
1 No. 2½ can peaches  
1 pound prunes  
¼ pound raisins  
3 pounds other fruit

### FATS, OILS



1½ pounds butter or margarine  
½ pound lard or other shortening  
½ pound salad dressing or salad oil

### SUGARS, SWEETS



2 pounds sugar  
1 pint molasses, honey, jelly, or preserves

In addition to the foods listed above, Margaret buys coffee, tea, salt, flavorings, gelatin, junket powder, etc., as needed.

# THE WRIGHTS' MENUS

## SUNDAY

Orange juice	Pot roast with carrots, potatoes, and onions
Scrambled eggs	Sliced tomatoes
Toast	Hot biscuits
Milk for children	Two-egg sponge cake with ice cream
	Milk
Welsh rarebit on toast	
Shredded cabbage and raisin salad	
Fruit in season	Milk for children

## MONDAY

Orange juice	Omelet	Green beans
Hot oatmeal with milk	Celery strips	
Toast	Bread	
Milk for children	Baked Indian pudding	
	Milk	
Beef casserole with mounds of mashed potatoes (beef left from Sunday roast)		
Sliced beets	Fruit salad with cottage cheese	
	Cornbread	
Sponge cake with honey sauce	Milk for children	

## TUESDAY

Grapefruit sections	Baked macaroni and cheese
Soft-cooked eggs	Green beans
Rye toast	Carrot strips
Milk for children	Bread
	Oatmeal and prune pudding (oatmeal left from Monday breakfast)
	Milk
Broiled liver or liver pattie	
Baked potato	Baked corn pudding
Tossed green salad flavored with chopped crisp bacon	
	Bread
Fruit in season	Milk for children

## WEDNESDAY

Orange	Apple-cabbage salad
Ready-to-eat cereal with milk	Beef salad sandwich
Toast	(beef left from Sunday)
Milk for children	Baked Indian pudding
	Milk

Pork chops	Potatoes boiled in jackets
Homemade vegetable relish	
Creamed peas	Celery strips
	Rye bread
Fruit cup	Milk for children

## THURSDAY

Tomato juice	Creamed eggs on toast, or
Hot oatmeal with milk	Soft-cooked eggs with toast
Toast	Jellied fruit salad
Milk for children	Molasses cookies
	Milk

Baked shoulder of lamb	Rice
Chopped broccoli	Cole slaw
	Bread
Canned peaches	Graham crackers
	Milk for children

## FRIDAY

Prunes with orange slices	Cream of tomato soup
Hot wheat cereal with raisins	Minced lamb sandwich
and milk	Peach salad
Toast	Nut cookies
Milk for children	Milk

Baked fish (haddock, cod, or halibut)	
Green lima beans	Baked potato
	Celery strips
	Bread
	Orange compote
	Milk for children

## SATURDAY

Tomato juice	Peanut butter and celery
Ready-to-eat cereal with milk	sandwiches
Toast	Vegetable salad
Milk for children	Floating island or junket
	Milk
Fried chicken	Riced potatoes
	Spinach
	Hearts of lettuce with cottage cheese dressing
	Prune pudding with nut-graham cracker topping
	Milk for children

A 6-ounce serving of milk is planned for each of the children at every meal. If they sometimes want more, they are given it at the end of the meal; they usually have additional milk as an afternoon snack. The parents have tea or coffee at their meals, if they choose, in addition to the milk they drink. Butter or margarine is served with breads.

# TO REDUCE YOUR FOOD BILL

If you do not have as much as the Wrights to spend on food for your family, you can spend less and still have a healthful diet. Meals may not have so much variety, but if they are planned carefully and cooked properly they will be enjoyable.

Here is a food plan suggested to provide good nutrition for \$20 to \$22 per week, for a family consisting of moderately active young parents and two children aged 1 to 3 and 4 to 6.

## Weekly plan for a family of four with two adults and two preschool children

*(\$20 to \$22 per week)*

Milk, cheese, ice cream (milk equivalent).....	18 quarts
Meat, poultry, fish.....	9 pounds
Eggs.....	1¾ dozen
Dry beans and peas, nuts.....	¾ to 1 pound
Grain products.....	9 to 10 pounds
Citrus fruit, tomatoes.....	7½ pounds
Dark-green and deep-yellow vegetables	2 pounds
Potatoes.....	7 to 7½ pounds
Other vegetables and fruits.....	16 pounds
Fats, oils.....	1½ pounds
Sugars, sweets.....	2 pounds

If you follow this plan you will need to shop more carefully than you would if you used the plan given on pages 8 and 9. You will need to know the cheaper foods in each group that are high in food values. Here are suggestions on how to get the most for your money.

**Milk, cheese,  
ice cream**

Evaporated and nonfat dry milk are usually cheaper than fluid milk. Evaporated milk can be used in place of milk or cream on cereals and puddings and in cooking. Nonfat dry milk lacks the fat and vitamin A of whole milk. Therefore, if it is used as a large part of the milk supply, additional quantities of dark-green or deep-yellow vegetables should be served to provide additional vitamin A.

**Meat, poultry,  
fish, eggs, dry  
beans and peas,  
nuts**

When food money is limited, choose the cheaper cuts of meat. Consider the amount of bone and fat—the cost per serving as well as the cost per pound. Meat of U.S. Good, Standard, or Commercial grade is satisfactory for pot roasts, meat loaf, and stew, and costs less than Choice and Prime grades. Use variety meats such as beef, pork, or lamb liver or kidneys often for they are bargains in vitamins and minerals.

Extend meat by the use of bread or other cereal in meat loaves or added stuffing for roasts.

Fish may sometimes be cheaper than meat and will give you good protein.

For other main dishes serve dry beans—navy, kidney, lima, or soybeans—dry peas, and lentils.

Grade B or grade C eggs are just as nutritious as grade A, and are usually cheaper.

**Grain products**

Choose whole-grain, enriched, or restored products for their extra vitamins and iron.

**Citrus fruit,  
tomatoes**

Compare the relative costs of fresh citrus fruits and tomatoes and the canned or frozen juices. Remember that to get the same amount of vitamin C takes about two and a half times as much tomato as orange or grapefruit juice. However, tomatoes provide considerably more vitamin A than do citrus fruits. Raw cabbage and some dark-green vegetables may also be relatively cheap sources of vitamin C.

**Dark-green and  
deep-yellow  
vegetables**

Dark-green and deep-yellow vegetables give you good values in minerals and vitamins. Choose those that are in season—they're generally cheapest when most plentiful. Carrots are nearly always good bargains, and can be used raw or cooked.

Learn to use the leafy tops of young beets and turnips. These, like kale, spinach, mustard greens, and collards, are cheap sources of vitamin A. They contain other vitamins and iron, too.

**Fats, oils**

You pay for the fat on the meat you buy, so use any extra for cooking and seasoning, to save money.

**Sweets**

Use molasses often instead of white sugar in such foods as baked beans, cookies, puddings, and bread. Children like it and it adds flavor to food value.

# WHAT'S IN EACH FOOD GROUP

## **Milk, Cheese, Ice Cream**

Milk—fresh fluid, whole, and skim; evaporated; dry; buttermilk; as cheese or ice cream.

## **Meat, Poultry, Fish**

Beef, veal, lamb, pork—including liver, heart, and other variety meats, and bacon and salt pork; all kinds of poultry and fish.

## **Eggs**

## **Dry Beans and Peas, Nuts**

All kinds, including soybeans and soy products, cowpeas, lentils, peanut butter.

## **Grain Products**

Flour or meal made from any grain—wheat, corn, oats, buckwheat, rye; cereals to be cooked; ready-to-eat cereals; rice; hominy; noodles; macaroni; breads and other baked goods.

## **Citrus Fruit, Tomatoes.**

Grapefruit, oranges, tangerines, other citrus fruit; tomatoes.

## **Dark-Green and Deep-Yellow Vegetables**

Broccoli; green peppers; all kinds of greens—chard, kale, collards,

spinach, and many others, cultivated and wild; carrots, pumpkin, sweetpotatoes, yellow winter squash.

## **Potatoes**

White potatoes.

## **Other Vegetables and Fruits**

All vegetables and fruits not included in other groups, such as—

Asparagus, green lima beans, snap beans, beets, brussels sprouts, cabbage, cauliflower, celery, corn, cucumbers, eggplant, lettuce, okra, onions, peas, rutabagas, sauerkraut, summer squash, turnips.

Apples, bananas, berries, dates, figs, grapes, melons, peaches, pears, plums, prunes, raisins, rhubarb.

## **Fats, Oils**

Butter, margarine, salad oils, mayonnaise, salad dressing, lard, shortening, meat drippings.

## **Sugars, Sweets**

Any kind of sugar—granulated (beet or cane), confectioner's, brown, and maple; molasses or any kind of sirup or honey; jams, jellies and preserves; candy.

Prepared by

**CONSUMER AND FOOD ECONOMICS RESEARCH DIVISION**

**Agricultural Research Service**

**Washington, D.C.**

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A small vegetable garden is an additional source of food. In the summer it supplies vegetables “fresh off the vine,” when they are highest in vitamins and are most flavorful.

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**Richard**, the grown man, is about average in height and weight. His activities are rated as moderate because, in addition to working at his desk job, he walks to work, works on the yard and garden in the summer, does various winter chores, and helps with the children. His needs are for foods that supply energy and the vitamins, minerals, and protein to keep his body in repair and topnotch condition. His “three squares” a day are usually eaten at home since the office is within easy walking distance. Sometimes in bad weather he carries his lunch. Margaret is usually able to put the same foods in his lunchbox that he would have eaten at home—deviled eggs in place of creamed eggs on toast—lettuce and carrot strips instead of vegetable salad.

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As for the cooking, she uses simple methods so that the same meal is suitable for all. She cooks food so as to bring out its natural flavor, and avoids very salty or highly seasoned dishes, greasy foods, and rich desserts. She cooks fresh vegetables quickly with only a little water so as to save their minerals and vitamins. This makes them taste good, and leaves their colors bright.

Usually youngsters are keenly aware of the flavors and textures of food. Jim is the first to discover it if the milk is a little off-flavor, or the vegetables not up to par. Margaret cuts cooked spinach to avoid strings. When milk is heated to go over toast, she carefully stirs it to avoid the scum.

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Instead of having the children drink all of the milk in their diet, Margaret often uses part of it in custard, ice cream, junket, or milk soups.

Most afternoons Margaret gives the children a snack after their nap. This is usually a small cup of milk apiece and occasionally a graham cracker, fruit, or carrot strips. The children often sit at their own little table for this.

*Margaret's* food needs now are similar to her husband's. As she does all her own housework she, like Richard, is moderately active, but she needs somewhat less food than he does because she is built on smaller lines. To keep in tiptop condition so she can meet the demands of her lively family, she is very careful to eat a plentiful, well-rounded diet. This means that she, too, drinks milk—about 2 cups a day; she has her citrus fruit and tomatoes, eggs, meat, dark-green and deep-yellow vegetables, and whole-grain or enriched cereals and breads—foods that are good for the whole family.



# PLANNING MEALS

Most of the time Margaret plans the same meals for all. Foods that are good for children are just as good for adults. And if she prepared separate meals for adults and children the days would never be long enough for her to get her housework done, nor would she have enough energy left to enjoy her family. For special occasions she sometimes serves foods, such as pies, "for grownups only." The children have learned to accept happily the fact that some foods are not for them.

Eating is fun at the Wright's table. When mother and father try new foods and like them, the children get the habit, too. Not that they talk over everything they eat, but, when something is especially good, father never fails to compliment the cook.

Foods that Margaret takes particular care about are—

**Milk.** At least 3 to 4 cups a day for each of the children, about 2 cups each for Richard and herself. This is used to drink and in cooked foods. Margaret knows that milk is the best source of calcium, a mineral needed for strong bones and good teeth. It is also one of the best sources of riboflavin, a vitamin required by young and old. In addition, milk supplies a high-quality protein and many other important food values. Therefore, it's a basic food at every meal for the children. Cheese and ice cream sometimes replace part of the milk. Margaret has always used plenty of milk in her own diet, as well as other desirable foods, and was able to nurse both children and give them the best start a mother can possibly give.

**Meat, poultry, fish, eggs, dry beans or peas.** Two or more servings of these foods important for protein are served daily.

For one of the servings Margaret has some kind of meat, poultry, or fish. She estimates that 1 pound of most meats, except high-fat or bony varieties such as bacon or spareribs, will provide enough lean meat for four servings. The additional serving may be eggs or dry beans or peas or another serving of meat. Occasionally she buys bacon for flavor though it gives little additional protein.

Sometimes Margaret "stretches" meat with cereal or vegetables so that a pound serves more than four people. Then she makes sure the family gets extra protein foods during the day.

**Grain products.** At least one of these appears at every meal. Cereals are usually served at breakfast and sometimes at supper for the children. In shopping for cereals, bread, and flour Margaret is careful generally to choose whole-grain, enriched, or restored products.

**Vegetables and fruits.** Margaret's menus include four or more servings of vegetables and fruits for each person every day.

A citrus fruit, tomatoes, or other fruit or vegetable important for vitamin C is served daily. Citrus fruit is outstanding for this vitamin. Other worthwhile sources, in addition to tomatoes, include several of the common fruits and vegetables. Vitamin C equivalents of ■ 4-ounce serving (½

cup) of orange or grapefruit juice are: 2 tangerines; 10 ounces ( $1\frac{1}{4}$  cups) tomato juice; one-half of a medium cantaloup;  $\frac{1}{2}$  to  $\frac{3}{4}$  cup fresh strawberries; 1 cup shredded raw cabbage;  $\frac{1}{2}$  cup broccoli or  $\frac{3}{4}$  to 1 cup brussels sprouts or dark-green leaves such as collards or kale, cooked briefly in a little water; a small green pepper.

A dark-green or deep-yellow vegetable, important for vitamin A, is served at least every other day. Though it may be one that supplies vitamin C as well as vitamin A, it counts as only one of the day's four servings of vegetables and fruits.

The additional servings needed for the day may be extra servings from the vitamin A- or C-rich groups or other vegetables and fruits, including potatoes.

**Vitamin D.** Suzy and Jim get the vitamin D they need by drinking vitamin D milk. If Margaret were unable to buy vitamin D milk she would consult with their doctor about the type and amount of vitamin D preparation to give the children. In summer the sun shining directly on their skin is another source of vitamin D.

**Iodized salt.** Their doctor advised the Wrights to use iodized salt because they live in an area where the soil is low in iodine.



**Desserts.** For the Wrights' small children, desserts are usually limited to fresh and cooked fruits and simple puddings made of milk and eggs.

## FOOD FOR THE EXPECTANT MOTHER

**During pregnancy.** Because the food the expectant mother eats is important to the health of both mother and child, Margaret paid particular attention to her diet before her children were born.

During the first 4 months of pregnancy Margaret did not require more food than her usual good diet, but she chose her food with special care. She included in her diet more of the foods highest in nutritive value and ate less of some of the others. In the last few months when the baby's needs were greatest she increased somewhat the total amount of food that she ate.

Following are the foods in a normal good diet to which special attention should be given during pregnancy:












<b>Milk, cheese</b>	Increase to a quart of milk or its equivalent every day.
<b>Meat, poultry, fish, eggs</b>	An extra serving of meat a week, preferably liver and the other variety meats high in minerals and vitamins, or an extra serving of some other high-quality protein.
<b>Bread and cereals</b>	Whole-grain, enriched, or restored varieties to supply more iron and B-vitamins.
<b>Citrus fruit, tomatoes</b>	More and bigger servings.
<b>Dark-green and deep-yellow vegetables</b>	More and bigger servings.
<b>Vitamin D</b>	In vitamin D milk or a vitamin D preparation to provide 400 to 800 units daily.

**Nursing the baby.** The breast-fed baby has a better chance than the bottle-fed baby of getting through the early weeks of rapid growth without digestive upsets. Breast-fed babies are also less susceptible to rickets and other disturbances of early infancy. In addition, breast feeding may be easier than preparing formula and bottles.

Nearly every healthy mother can nurse her baby if she wants to and prepares for it by eating a good diet before, as well as after, the baby is born. Many Federal and State bulletins suggest meals to meet food needs of nursing mothers.

# THE WRIGHT FAMILY'S FOOD PLAN FOR A WEEK

## (\$27 to \$29 per week)

Kind of food <sup>1</sup>	Weekly food plan (approximate amounts)—			
	For two adults <sup>2</sup>	For child aged 1 to 3	For child aged 4 to 6	Total for family of four
 <b>MILK, CHEESE, ICE CREAM</b> 2 to 3 servings daily and in cooking	7 quarts	6 quarts	6 quarts	19 quarts (5 $\frac{1}{3}$ ounces Cheddar-type cheese or 2 quarts ice cream equal 1 quart milk)
 <b>MEAT, POULTRY, FISH</b> At least one serving daily	9 $\frac{1}{2}$ to 10 pounds	1 $\frac{1}{2}$ to 2 pounds	2 to 2 $\frac{1}{2}$ pounds	13 to 14 pounds (allows no more than $\frac{1}{3}$ pound bacon and salt pork for each 5 pounds meat, poultry, fish)
 <b>EGGS</b>	About a dozen	$\frac{1}{2}$ dozen	$\frac{1}{2}$ dozen	2 dozen
 <b>DRY BEANS AND PEAS, NUTS</b>	6 ounces	1 ounce	1 ounce	8 ounces
 <b>GRAIN PRODUCTS</b> (whole grain, enriched, or restored are best) 4 or more servings daily	6 to 6 $\frac{1}{2}$ pounds (flour-weight basis)	1 pound (flour-weight basis)	1 $\frac{3}{4}$ pounds (flour-weight basis)	9 to 10 pounds (count 1 $\frac{1}{2}$ pounds bread or purchased baked goods as 1 pound flour)
 <b>CITRUS FRUITS, TOMATOES</b> At least once daily	5 to 5 $\frac{1}{2}$ pounds	1 to 1 $\frac{1}{2}$ pounds	2 pounds	8 to 9 pounds
 <b>DARK-GREEN AND DEEP-YELLOW VEGETABLES</b> Every other day	1 $\frac{1}{2}$ pounds	$\frac{1}{4}$ pound	$\frac{1}{4}$ pound	2 to 2 $\frac{1}{2}$ pounds <sup>3</sup>
 <b>POTATOES</b>	4 $\frac{1}{2}$ pounds	$\frac{3}{4}$ pound	1 pound	6 to 6 $\frac{1}{2}$ pounds
 <b>OTHER VEGETABLES AND FRUITS</b> 1 to 3 times daily—to make a total of 4 servings from the vegetable and fruit groups	12 to 12 $\frac{1}{2}$ pounds	2 $\frac{1}{2}$ to 3 pounds	4 pounds	18 to 20 pounds
 <b>FATS, OILS</b>	1 $\frac{1}{2}$ pounds	$\frac{1}{4}$ pound	$\frac{3}{8}$ pound	About 2 pounds
 <b>SUGARS, SWEETS</b>	2 $\frac{1}{4}$ to 2 $\frac{1}{2}$ pounds	$\frac{1}{4}$ pound	$\frac{5}{8}$ pound	Almost 3 $\frac{1}{2}$ pounds

<sup>1</sup> See "What's in Each Food Group" on back cover.

<sup>2</sup> These quantities are geared to the needs of the wife who is under 35 years of age and is keeping house for a young family and the husband who is also in this age class and is moderately active physically. If either is unusually large or active, it may be necessary to increase the suggested quantities of potatoes; dry beans and peas, nuts; flour and cereals; fats and oils. If the husband buys

his lunch at work, slightly smaller quantities of all the food groups will be needed for home meals.

<sup>3</sup> If the choices made within the group are such that the quantity is not sufficient for the suggested number of servings, increase the quantity and use less from the "Other vegetables and fruits" group.

## THE WRIGHTS' FOOD

### MILK, CHEESE, ICE CREAM



16 quarts fluid whole milk  
1 14½-ounce can evaporated milk  
½ pound Cheddar-type cheese  
1 12-ounce package cottage cheese  
1 pint ice cream

### MEAT, POULTRY, FISH



2½ pounds chicken  
1½ pounds pork chops  
3½ pounds chuck roast of beef  
4 pounds shoulder of lamb  
¾ pound liver  
1 pound fish fillet  
¼ pound bacon

### EGGS



2 dozen

### DRY BEANS AND PEAS, NUTS



3 ounces shelled nuts  
½ pound peanut butter

### GRAIN PRODUCTS



3 loaves enriched white bread  
3 loaves whole-wheat bread  
1 loaf rye bread  
1 pound rolled oats or whole-wheat cereal  
12-ounce package ready-to-eat cereal  
1 pound enriched flour  
½ pound enriched cornmeal  
¼ pound enriched macaroni  
¼ pound rice  
1-pound box graham crackers

### CITRUS FRUITS, TOMATOES



3 pounds oranges  
2 6-ounce cans frozen concentrated orange juice  
1 large grapefruit  
1 pound tomatoes  
1 46-ounce can tomato juice  
1 10½-ounce can tomato soup

<sup>1</sup> Margaret buys some of the staple foods in larger quantity than listed here to save time and money. They will keep for later use if properly stored.

## SUPPLY FOR A WEEK <sup>1</sup>

### DARK-GREEN AND DEEP- YELLOW VEGETABLES



1 10-ounce package frozen broccoli  
1 pound carrots  
¼ pound salad greens  
1 pound fresh spinach

### POTATOES



6 pounds potatoes

### OTHER VEGE- TABLES AND FRUITS



1 10-ounce package frozen green lima beans  
1 pound green snap beans  
1 pound beets  
1 pound (head) cabbage  
1 bunch celery  
1 8¾-ounce can corn  
2 small heads lettuce  
½ pound onions  
1 No. 2 can peas  
2 pounds apples  
1 No. 2½ can fruit salad  
1 No. 2½ can peaches  
1 pound prunes  
¼ pound raisins  
3 pounds other fruit

### FATS, OILS



1½ pounds butter or margarine  
½ pound lard or other shortening  
½ pound salad dressing or salad oil

### SUGARS, SWEETS



2 pounds sugar  
1 pint molasses, honey, jelly, or preserves

In addition to the foods listed above, Margaret buys coffee, tea, salt, flavorings, gelatin, junket powder, etc., as needed.



# THE WRIGHTS' MENUS

## SUNDAY

Orange juice	Pot roast with carrots, potatoes,
Scrambled eggs	and onions
Toast	Sliced tomatoes
Preserves	Hot biscuits
Milk for children	Two-egg sponge cake with
	ice cream
	Milk
Welsh rarebit on toast	
Shredded cabbage and raisin salad	
Fruit in season	Milk for children

## MONDAY

Orange juice	Omelet	Green beans
Hot oatmeal with milk	Celery strips	
Toast	Bread	
Milk for children	Baked Indian pudding	
	Milk	
Beef casserole with mounds of mashed potatoes		
(beef left from Sunday roast)		
Sliced beets	Fruit salad with cottage cheese	
Cornbread		
Sponge cake with honey sauce	Milk for children	

## TUESDAY

Grapefruit sections	Baked macaroni and cheese
Soft-cooked eggs	Green beans
Rye toast	Carrot strips
Milk for children	Bread
	Oatmeal and prune pudding
	(oatmeal left from Monday
	breakfast)
	Milk
Broiled liver or liver pattie	
Baked potato	Baked corn pudding
Tossed green salad flavored with chopped crisp bacon	
Bread	
Fruit in season	Milk for children

## WEDNESDAY

Orange	Apple-cabbage salad
Ready-to-eat cereal with milk	Beef salad sandwich
Toast	(beef left from Sunday)
Preserves	Baked Indian pudding
Milk for children	Milk

Pork chops	Potatoes boiled in jackets
Homemade vegetable relish	
Creamed peas	Celery strips
Rye bread	
Fruit cup	Milk for children

## THURSDAY

Tomato juice	Creamed eggs on toast, or
Hot oatmeal with milk	Soft-cooked eggs with toast
Toast	Jellied fruit salad
Milk for children	Molasses cookies
	Milk

Baked shoulder of lamb	Rice
Chopped broccoli	Cole slaw
Bread	
Canned peaches	Graham crackers
	Milk for children

## FRIDAY

Prunes with orange slices	Cream of tomato soup
Hot wheat cereal with raisins	Minced lamb sandwich
and milk	Peach salad
Toast	Nut cookies
Milk for children	Milk

Baked fish (haddock, cod, or halibut)	
Green lima beans	Baked potato
	Celery strips
	Bread
	Orange compote
	Milk for children

## SATURDAY

Tomato juice	Peanut butter and celery
Ready-to-eat cereal with milk	sandwiches
Toast	Vegetable salad
Preserves	Floating island or junket
Milk for children	Milk

Fried chicken	Riced potatoes	Spinach
Hearts of lettuce with cottage cheese dressing		
Prune pudding with nut-graham cracker topping		
Milk for children		

A 6-ounce serving of milk is planned for each of the children at every meal. If they sometimes want more, they are given it at the end of the meal; they usually have additional milk as an afternoon snack. The parents have tea or coffee at their meals, if they choose, in addition to the milk they drink. Butter or margarine is served with breads.

# TO REDUCE YOUR FOOD BILL

If you do not have as much as the Wrights to spend on food for your family, you can spend less and still have a healthful diet. Meals may not have so much variety, but if they are planned carefully and cooked properly they will be enjoyable.

Here is a food plan suggested to provide good nutrition for \$20 to \$22 per week, for a family consisting of moderately active young parents and two children aged 1 to 3 and 4 to 6.

## Weekly plan for a family of four with two adults and two preschool children

*(\$20 to \$22 per week)*

Milk, cheese, ice cream (milk equivalent).....	18 quarts
Meat, poultry, fish.....	9 pounds
Eggs.....	1¾ dozen
Dry beans and peas, nuts.....	¾ to 1 pound
Grain products.....	9 to 10 pounds
Citrus fruit, tomatoes.....	7½ pounds
Dark-green and deep-yellow vegetables	2 pounds
Potatoes.....	7 to 7½ pounds
Other vegetables and fruits.....	16 pounds
Fats, oils.....	1½ pounds
Sugars, sweets.....	2 pounds

If you follow this plan you will need to shop more carefully than you would if you used the plan given on pages 8 and 9. You will need to know the cheaper foods in each group that are high in food values. Here are suggestions on how to get the most for your money.

**Milk, cheese,  
ice cream**

Evaporated and nonfat dry milk are usually cheaper than fluid milk. Evaporated milk can be used in place of milk or cream on cereals and puddings and in cooking. Nonfat dry milk lacks the fat and vitamin A of whole milk. Therefore, if it is used as a large part of the milk supply, additional quantities of dark-green or deep-yellow vegetables should be served to provide additional vitamin A.

**Meat, poultry,  
fish, eggs, dry  
beans and peas,  
nuts**

When food money is limited, choose the cheaper cuts of meat. Consider the amount of bone and fat—the cost per serving as well as the cost per pound. Meat of U.S. Good, Standard, or Commercial grade is satisfactory for pot roasts, meat loaf, and stew, and costs less than Choice and Prime grades. Use variety meats such as beef, pork, or lamb liver or kidneys often for they are bargains in vitamins and minerals.

Extend meat by the use of bread or other cereal in meat loaves or added stuffing for roasts.

Fish may sometimes be cheaper than meat and will give you good protein.

For other main dishes serve dry beans—navy, kidney, lima, or soybeans—dry peas, and lentils.

Grade B or grade C eggs are just as nutritious as grade A, and are usually cheaper.

**Grain products**

Choose whole-grain, enriched, or restored products for their extra vitamins and iron.

**Citrus fruit,  
tomatoes**

Compare the relative costs of fresh citrus fruits and tomatoes and the canned or frozen juices. Remember that to get the same amount of vitamin C takes about two and a half times as much tomato as orange or grapefruit juice. However, tomatoes provide considerably more vitamin A than do citrus fruits. Raw cabbage and some dark-green vegetables may also be relatively cheap sources of vitamin C.

**Dark-green and  
deep-yellow  
vegetables**

Dark-green and deep-yellow vegetables give you good values in minerals and vitamins. Choose those that are in season—they're generally cheapest when most plentiful. Carrots are nearly always good bargains, and can be used raw or cooked.

Learn to use the leafy tops of young beets and turnips. These, like kale, spinach, mustard greens, and collards, are cheap sources of vitamin A. They contain other vitamins and iron, too.

**Fats, oils**

You pay for the fat on the meat you buy, so use any extra for cooking and seasoning, to save money.

**Sweets**

Use molasses often instead of white sugar in such foods as baked beans, cookies, puddings, and bread. Children like it and it adds flavor to food value.

# WHAT'S IN EACH FOOD GROUP

## **Milk, Cheese, Ice Cream**

Milk—fresh fluid, whole, and skim; evaporated; dry; buttermilk; as cheese or ice cream.

## **Meat, Poultry, Fish**

Beef, veal, lamb, pork—including liver, heart, and other variety meats, and bacon and salt pork; all kinds of poultry and fish.

## **Eggs**

## **Dry Beans and Peas, Nuts**

All kinds, including soybeans and soy products, cowpeas, lentils, peanut butter.

## **Grain Products**

Flour or meal made from any grain—wheat, corn, oats, buckwheat, rye; cereals to be cooked; ready-to-eat cereals; rice; hominy; noodles; macaroni; breads and other baked goods.

## **Citrus Fruit, Tomatoes.**

Grapefruit, oranges, tangerines, other citrus fruit; tomatoes.

## **Dark-Green and Deep-Yellow Vegetables**

Broccoli; green peppers; all kinds of greens—chard, kale, collards,

spinach, and many others, cultivated and wild; carrots, pumpkin, sweetpotatoes, yellow winter squash.

## **Potatoes**

White potatoes.

## **Other Vegetables and Fruits**

All vegetables and fruits not included in other groups, such as—

Asparagus, green lima beans, snap beans, beets, brussels sprouts, cabbage, cauliflower, celery, corn, cucumbers, eggplant, lettuce, okra, onions, peas, rutabagas, sauerkraut, summer squash, turnips.

Apples, bananas, berries, dates, figs, grapes, melons, peaches, pears, plums, prunes, raisins, rhubarb.

## **Fats, Oils**

Butter, margarine, salad oils, mayonnaise, salad dressing, lard, shortening, meat drippings.

## **Sugars, Sweets**

Any kind of sugar—granulated (beet or cane), confectioner's, brown, and maple; molasses or any kind of sirup or honey; jams, jellies and preserves; candy.

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